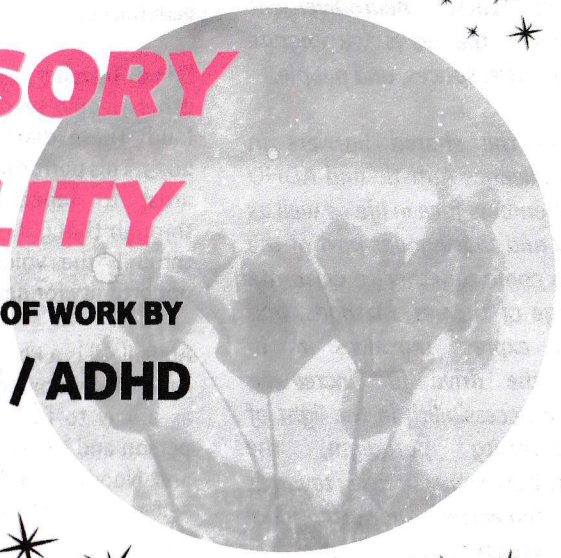
THANK YOU

We extend huge thanks to all the artists who shared their work for this exhibition, the community of KARST and UNDER Studio Holders, and the team at KARST.

FEEDBACK

Please let us know about your experience to help us evaluate and plan for the future. Complete the feedback form below.

ALTERNATE SENSORY REALITY



AN EXHIBITION OF WORK BY

AUTISTIC / ADHD ARTISTS

EVENT Friday 12 Dec

18:00 - 20:30

SCREENING & PERFORMANCES

19:00

12-14th December

UNDER

18 East St, Stonehouse, Plymouth PL1 3NU

This group exhibition curated by film/sound duo Seaing/Hereing highlights the work of Autistic/ADHD artists in Plymouth, while providing a space for conversation and informal networking. Exploring diverse themes through a range of mediums, the works open up a community dialogue around how the lived experience of these neurodivergent conditions shapes the ways we engage with objects, nature, spaces, and people.

Acknowledging the shared barriers in access and challenges Autistic and ADHD community members face in life as well as in art making and sharing was part of the motivation to come together to celebrate the wide range of themes, methods, and mediums we express ourselves in. In addition to the drive for increasing inclusivity and accessibility in the light of the neurodiversity paradigm, the exhibition was born from curiosity towards how unique perceptual and attentional experiences inform creative practice. Sensory sensitivities and attentional differences common in these types of neurodivergence are the subject of Seaing/Hereing's practice and research, and we are excited and honoured to bring a multiplicity of perspectives from this group of local artists together. We invite you to immerse yourself in the alternate sensory realities within this supportive space for considerations around Autistic/ADHD art-making and belonging.

Seaing/Hereing
(Patrycja Loranc & Sam Johnson)

ALTERNATE SENSORY REALITY

Abigail Ali
Time Traveller
Performance

'Time Traveller' is a responsive drawing to other people reading Ali's diary entries out loud. These diary samples are from 2022 - 2025. This performative piece is a space for the artist to reflect somatically, rather than through thought. By hearing her own words through the voices of others, there is an opportunity for new reflections.

Abigail Ali is a Plymouth-based Fine Artist and Drag Clown named Noodlez, who uses her art as a way to further understand herself as a person and the world around her (both as Abi and Noodlez). Ali refers to their practice as self-reflective; this usually takes form through performance, diagrams, archiving, art writing and film converted onto VHS tapes. Their main sources of inspiration are diary entries, identity, experiences and somatics. Everything we do in life is art if we want it to be!

Brandon J. Barnard
liCe
film

liCe is a microscopic experimental film exploring chance, biology, and the strangeness of the human body. Shot through a digital microscope, the work stitches together over two thousand still images of headlice, skin, strawberries, ink scribbles, and printed material. The uncontrollable movement of the lice dictates much of the film's structure, turning the creatures into unpredictable collaborators. Through extreme close-up, familiar textures become alien, revealing the shared organic materiality of insects, fruit, and flesh. The piece continues my investigation into agency restriction and "animal-based chance," accompanied by an ambient soundscape that heightens its meditative flicker-film quality.

Brandon John Barnard is a South African experimental filmmaker living in Plymouth, UK. His work investigates chance, unpredictability, and the strange beauty of everyday materials, from wind-up robots to grazing dogs to microscopic insects. Often using his own body as part of the medium, Barnard explores the boundaries of agency, control, and accidental meaning. His films have been shown both nationally and internationally. Currently developing a PhD on chance-based filmmaking, he approaches each project as a live experiment, letting external forces, environments, and biological subjects shape the final form. He publishes long-form reflections on process through Medium documenting his artistic journey.

Cam Williamson
Piccadilly Rush Hour (2024)
Oil on dry wall

Piccadilly Rush hour (2024) captures a journey on the London Underground with oil paint on repurposed dry-wall, referencing the difficulty of processing certain stimuli, particularly in loud, bright, busy situations. Amongst the fluorescent lights and jostled carriage, there are hidden sigils interwoven within the commuters; magical monograms that are made with intention yet are indecipherable to the viewer, adding to the oversaturation of sensory stimuli. Picadilly Rush Hour is an early attempt by the artist to use sigils within figurative paintings to represent invisible stimuli, magical influences, and other-than-human relationships. Picadilly Rush Hour depicts one of the many spirits forming London's character.

Cam Williamson is a trans-femme, neurodivergent artist based in Plymouth. Initially an illustrator-turned-painter, Cam is expanding her practice through a PhD as a creative researcher investigating the relationships between human and other-than-human members of queer communities. Researching human/other-than-human relationships has evolved Cam's practice to include magical and animist approaches, now drawing and painting to communicate with the sea, trees, crossroads, and spaces that are members of her queer community. Painting on found materials and wood, the artist includes material relationships within her practice; providing the opportunity for the materials to speak of their own experiences. Each painting is a collaboration between artist and material. Cam has a close working relationship with Queer District Collective and 37 Looe Street, exhibiting and curating exhibitions across Bretonside. In 2024, Cam exhibited in Buenos Aires, Argentina, with work that spoke to the short-term relationship she formed with the city during an artist residency.

Charlotte Canham
FLESH
Film

FLESH is the first installment of a series of work for my MA in Fine Art. It is an exploration into the woman's body without the lens of the male gaze with an underscoring fetish and kink.

Charlotte is a filmmaker, sfx artist and assistant director who specialises in female lead surreal shorts. She is interested in surreal depictions of personal transformation, sexual, psychological, and familial relationships with inspirations from live performance, fetish and video art.

Chris Shields
Dust
Poetry/Spoken word performance

I have always struggled with feeling like an outsider, exile, separate. This work is about the strength I have found through that struggle and the acceptance that I have developed regarding that strength. An unrelenting garden knows only to grow, to rot, to be continuously reborn, to continuously die. So I celebrate and I grieve. Everyone has their own rituals of mourning - some people fuck at funerals, I pour out poetry.

I'm just a local guy who does art for fun. I left behind the 9-5 grind with the pandemic and I won't look back. Can't look back. I've learned to surf the impulsive currents of my adhd and so I dance, I write, I paint, I play, I exist and I express. I believe that we only get one chance at life and so I refuse to hold back, instead finding ways to channel and control the feelings as a method of self-awareness and self-care in a world that only seems to care about self.

Jessica Jackson
Encircled
Installation

Projection onto tracing paper. A look into the act of encircling in the medium of moving image. The feeling of being under a spotlight, wanting to make yourself smaller or invisible. Adeviation from the usual screen. In the world of digital media and moving image productions, a rectangle is the standard, most familiar viewing experience to us all. This new approach allows freedom from the learnt habits within cinematography and a liberation from the rules. What if we saw things differently? What if we broke those informal rules? What would happen? Breaking free from the box.

Working primarily with moving image, Jessica Jackson is fueled by a passion for meeting and understanding other people, she aims to demonstrate diversity and variation of the human experience by showcasing this through video. Jess believes that both verbal and artistic conversation is a valuable and sacred ritual meant to be shared. The realm of relations, relatability and understanding between people. Tired of hearing how isolated people feel in the modern day, through her she aims to share her conversations and pass on the knowledge & understanding she gains about herself and others in an attempt to bring people a little closer together.

Jo Dorothea Smith
The Thread
Acrylic paint on canvas

These paintings explore embodied sensory entanglement, light, and neurodivergent perception through layered abstractions that represent the artist's unseen non-typical experiences of space. Each composition seeks to represent the spatial dimensions of autistic–synaesthetic experience, where colour, gesture, and directional mark-making articulate a world structured by rhythm, intensity, and intra-active dynamics that lead to off-kilter asymmetric perceptions. These intersecting trajectories function as visual metaphors for perceptual flux, resisting a fixed representation of human experience.

Joanne Dorothea-Smith is an autistic UK-based artist and researcher, whose work engages critically with neurodivergent and synaesthetic perception. Her interdisciplinary practice—rooted in visual, material, and philosophical inquiry. Currently pursuing a practice-led PhD and working across painting, photography, printmaking, and text, Joanne produces sensory artefacts that materialise an expanded neurodivergent epistemology of aggregated space. Her research is situated within new materialist and post-phenomenological frameworks, proposing perception as a dynamic, intra-active process rather than a passive reception of stimuli. Her work has been presented through academic conferences, socially engaged arts initiatives, and emerging curatorial contexts across the South West. Through sensory-rich media, she invites reappraisal of normative visualities and contributes to a broader dialogue around inclusion, embodiment, and alternative modes of knowing.

Kelly Bryant
A Sailors Dream
Film

A Sailors Dream is a sequence taken from A Thread Through History, 2025 Dazzle Festival. This work drew deeply on feminist histories and narratives of invisible labour, honouring Navy wives and their survival. These women were resourceful and found ways to support their living. They became highly skilled seamstresses of 19th-century Devonport, women whose skilled labour often went unrecognised but was essential to the economy and culture of Naval Britain.
"Water has always been present in my creative practice, sometimes unintentionally. I continue to perform in my own work, immersing myself in water to find answers to my irrational fear and the emotions it invokes; grieving for something that never existed, suspended from breath with neither gill or lungs, and haunted by a lost future in warm memories of the womb. A fear for what I am, a temporary vessel of water".

Kelly Bryant is a multi-disciplinary and site-responsive visual artist and lecturer, working with film, projection, performance and installation. Film is incorporated into her practice to create atmospheres of projection and immersive experiences, utilising screen landscapes. Acting as a site that evokes a sense of touch through materiality and transformations of sculpted light. She is interested in the powerful potential of immersive experiences to tell complex human-and nonhuman centered stories. Her work offers poetic interventions into public spaces where architecture and memory are interwoven, to reanimate hidden histories through projection, bodies of water and sculptural practices. An interplay of narrative through a female perspective, embodiment and memory. Recent work: Altered Realities, Green Hill Arts. A Thread Through History, Dazzle Festival, Commissioned by Real Ideas and in collaboration with The Box Media Archives. Screen Future Memoir, Paignton Picture House, funded by Arts Council England. "I can't hear you but please stay in touch" - Finalist at The Blow-Up International Art House Film Festival (Chicago 2025), nominated and screened at The Tornio Underground Film Festival (Italy 2024) and screened at The English Riviera Film Festival (England 2024).

Lola Milner
Fragility Of Time
Mixed media textile piece

Lola has created a mixed-media textile piece communicating the Fragility Of Time. She has portrayed this through the change in seasons and the environment. Incorporating her great-grandmother's lace, a robin and silver linings in the clouds to show that although time is fragile, hope and connection is everlasting.

I'm Lola Milner, I'm a 19-year-old autistic artist, and I'm currently in my first year studying Fine Art at Arts University Plymouth. Within my practice, I enjoy working with mixed-media textiles and finding ways to incorporate

sensory elements and experiences into the meaningful pieces I create. I am based in Dartmoor and I love cats, visiting art galleries, spending time with my family and going on pretty walks! This is my first time I'm exhibiting my work by myself-outside of college and University opportunities!

Lou
Untitled
Works on paper

A triptych about the malleability of language how words can morph and shape shift and how this shapes our perception of reality. It is also a reclamation of the word mad and a rejection of the language of pathology.

Lou is an artist, writer and facilitator who loves language, colour and play. Their visual work primarily leans towards bold, gestural, hand drawn typography. They view this work as a cathartic extension of their writing practice; Thoughts and feelings lash out into diaries and sketchbooks; immediate and to hand.

Malkom Bielecki
Mirror and Ceramic (2025)
Multiple exposure film,
ceramics, mirrors, found objects

Mirror: presence, portals and the artist's relationship with their local parks - what gifts do we take away and give back to our places of significance? Ceramic: a visualisation of the artist's emotional processing using angels as carriers of affects. The individual meaning of each angel is lost and irrelevant, as so often feelings are incomprehensible in the moment.

Malkom (they/them) is a Polish mixed media artist based in Plymouth. Studying MA Fine Art, Malk is currently researching 'Angels as: Messengers/Symbols/Affects or, the Incomprehensible' - using angels as a metaphor for autistic emotional processing, interoception and trauma.

molmor
interface
installation

This installation comprises a series of developmental pieces I have produced for my Masters in Fine Art at Arts University Plymouth. My research has engaged with themes of the weird, the unknown, the outside, seeking to create fissures in our reality for strange spectres to crawl through.

molmor is a para-disciplinary artist working across sculpture, installation and digital media. Their practice sits in the liminal spaces where realities blur, creating works that unsettle, reorient, and gently challenge assumptions about human dominance, value, and belonging. Working with materials that range from tactile objects to digital environments, molmor builds immersive experiences that invite audiences to feel, question, and navigate complexity. Their work frequently critiques capital-centric narratives, and positions reality as a layered, shifting constellation rather than a single, authoritative truth. Their work manifests as portals through which boundaries dissolve and new possibilities emerge.

Rebecca Alford
Untitled
Collage

It's become so normal within the autistic community to have experienced let-downs and failures from the government and local services. Through my own disappointing experiences, I've turned my energy to focus on our individualities, as opposed to our difficulties. Using collage, I've tested creating a quilt of our celebrations. Each panel represents a person or experience, each one embraced by another. A community tired, but strong and supportive. This work seeks to be a springboard to build further creative connections and support networks.

My practice is underpinned by my autistic experiences and shaped by my sensory desires. Special interests pose as a backbone to enable focus, sharing of stories and learning. Breaking down barriers to create a wider understanding of neurodivergence stands as my creative fuel. I'm an advocate for capturing pockets of joy and engaging in play as a tool in our opposition to oppression. Predominantly working with textiles, I uncover emerging landscapes to create and connect with my rediscovery of joy in what has become a radical act. To be boldly confident in my autistic self, in spite of that which seeks to suppress and discredit us.

Seaing/Hereing
Participations
Film

Films created as part of a wider project by experimental film/sound duo Seaing/Hereing driven by our Autistic/ADHD experiences of heightened and altered visual and audio perception. The material was shot and recorded within a few hours in a single location, then we edited sound and image separately before coming back together. This explorative methodology, inspired by an interest in phenomenology, perception, and attention, serves as an investigation of neurodivergent processing differences through the audiovisual time-based medium. Decisions were ignited by an interest in details, rhythms, and interactions with the elements of the location, in a study of sensorially intense relationships with spaces, nature, and objects.

Seaing/Hereing is an experimental film/sound art duo creating expanded cinema performances and multidisciplinary installations. The themes of our work are driven by our neurodivergent experience of heightened and altered visual and audio perception. Through flicker and psychedelic film, surrealist poetry, and modified field recordings, our work explores sensory connections to a sense of home among the South West landscapes and seascapes, rediscovering neurodivergent relationships to nature, objects, and spaces. Patrycja Loranc is an experimental filmmaker, artist, film programmer and cultural organiser. Sam Johnson is a musician, sound artist, and sound engineer.

Thomas Broughton
Now that I know
Poems

Poetry I never thought I'd share.
Writing became a way to reflect and make sense of the noise in my head, a private place to process the parts of myself I didn't have words for yet. These pieces come from growing up feeling "weird," learning I have ADHD, and trying to understand why the world felt slightly out of sync with me. Speaking them out loud is its own kind of courage, a way of owning the thoughts I used to tuck away.

Tom grew up partaking in theatre, spending most of his life performing other people's words, never his own. Poetry was always something private, something he scribbled down to make sense of his thoughts, or shared only with close friends. He never imagined reading it publicly. This exhibition marks the first time he's stepping out from behind scripted roles and speaking in his own voice. His work is shaped by lived experience, ADHD, and the messy, honest process of understanding himself.